

A large, powerful blue wave is crashing, creating a massive wall of water. The wave's crest is curling over, and white foam is visible at the top. The sky above is a clear, bright blue with some wispy white clouds. The overall scene is dynamic and captures the raw power of the ocean.

LIVING WITH GRIEF

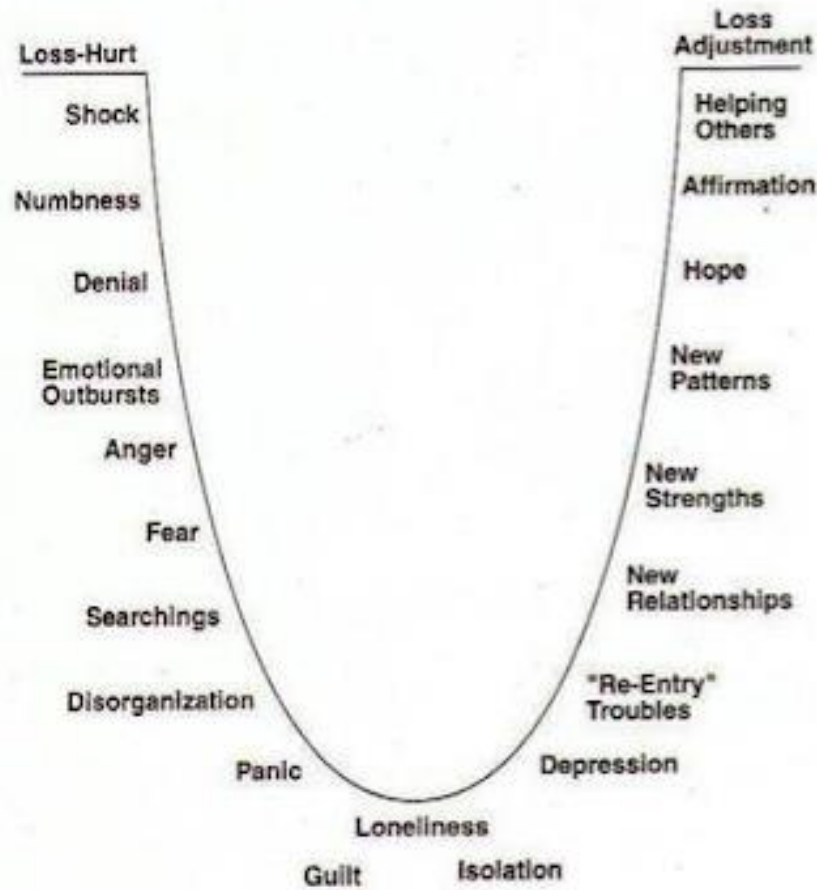
Caitlin Burns, LCSW

Grief Is...

- Any reaction to a perceived loss
- Normal, natural and necessary
- A fluid, dynamic process
- Holistic
- Messy



STAGES OF GRIEF



My experience



Holistic Nature of Grief



Emotional



Physical



Mental/Cognitive



Social



Spiritual

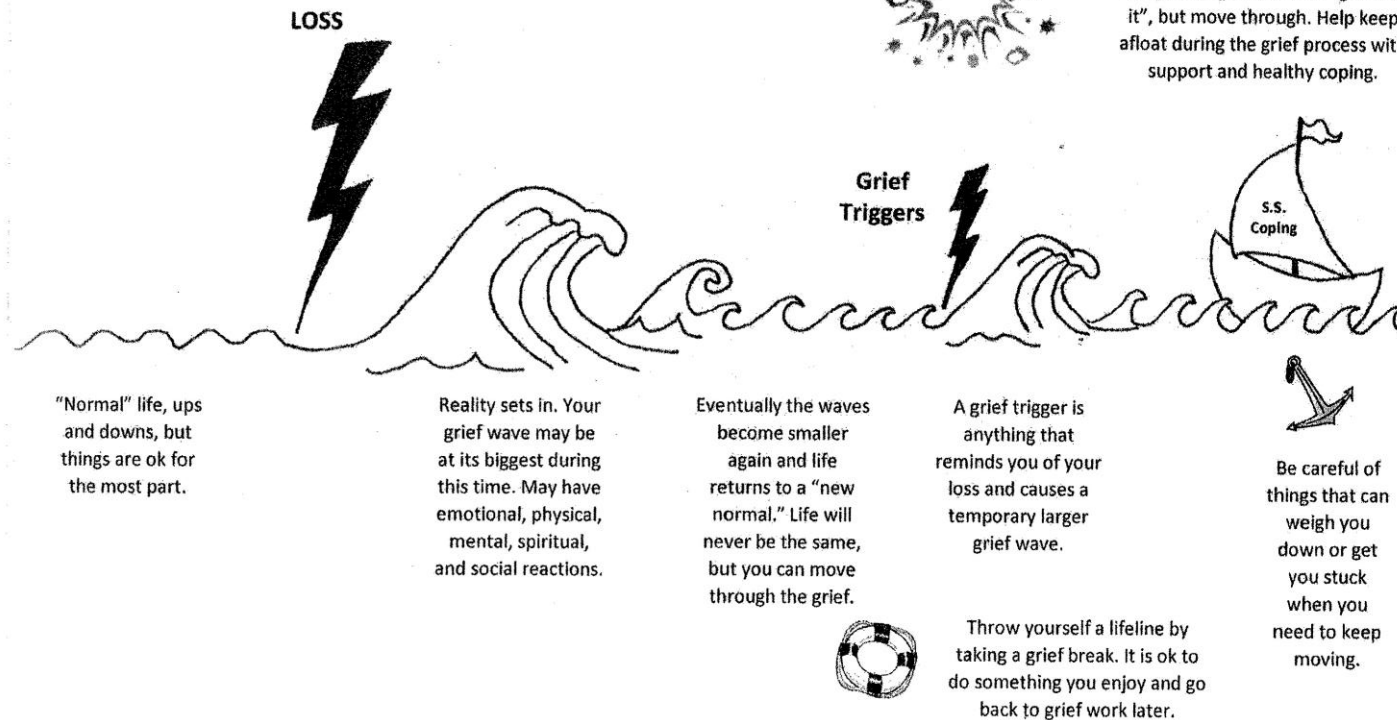
The Wave Model of Grief

Where are YOU on the wave?

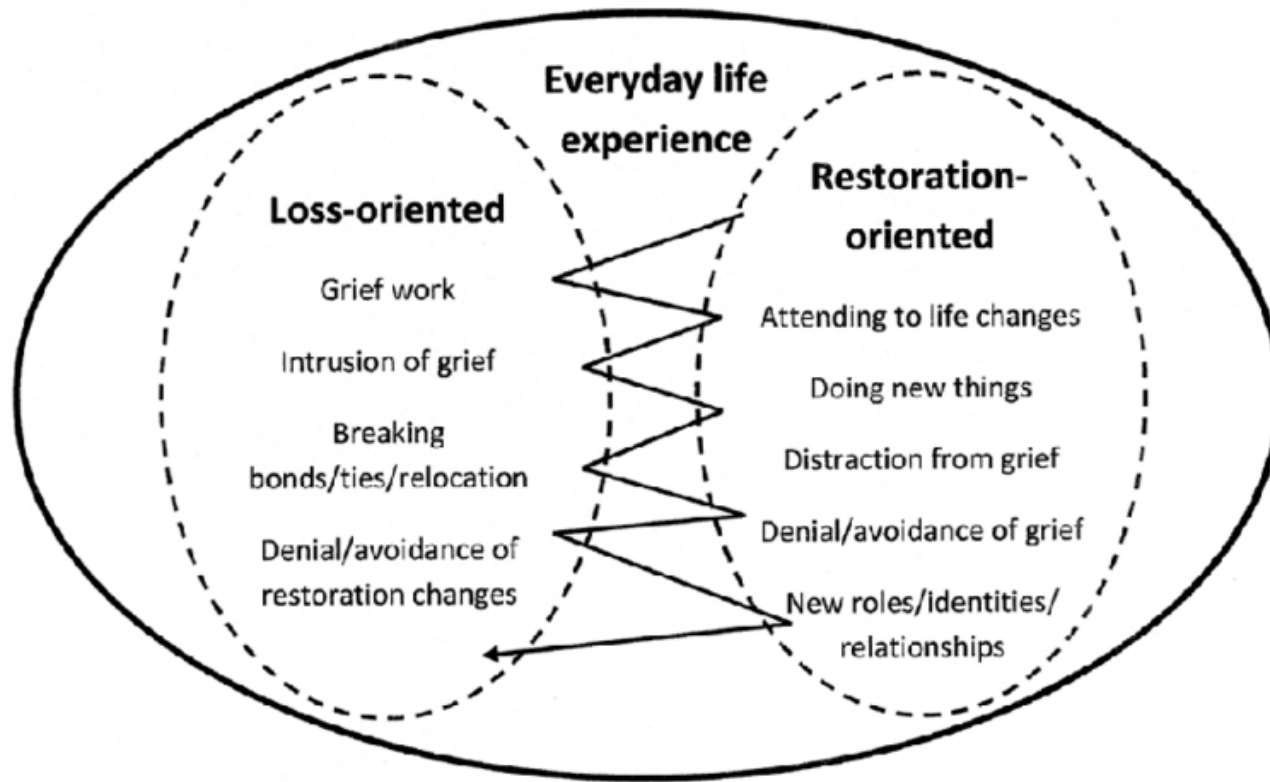
You may also experience a grief burst of sudden intense emotion, these are normal and do not tend to last for very long.



The goal of grief is not to "get over it", but move through. Help keep afloat during the grief process with support and healthy coping.

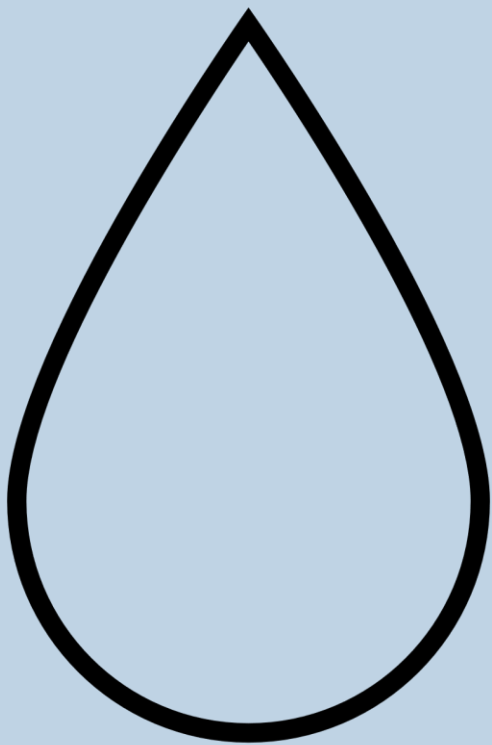


Adapted by the Caring Tree Program of Big Bend Hospice, Inc. from Donna O'Toole



DUAL PROCESS MODEL

STROEBE &
SCHUT



TEAR Model

Tasks of Grief by Worden

- T- To accept the reality of the loss
- E- Experience the pain of the loss
- A- Adjust to a new environment without
- R- Reinvest in new reality

Children and Grief





Grieving children need

- Patience, time and compassion
- Safety and routine
- Adults who are also taking care of themselves and model healthy coping
- Not to be parentified
- Honest, age-appropriate information (avoid euphemisms)
- Take their lead (answer the question asked)
- To be given options whenever possible (including saying good-bye, funerals/memorial services)
- For adults to understand they may “re-grieve” as they age

Grieving children need

- Space and time to come to trusted adults with questions
- Younger children may need to ask the same questions repeatedly and get a lot of reassurance
- Older youth may need to permission to explore how their losses impact their beliefs
- Older youth may turn to peers for more support

Grief is not just about death

Disenfranchised grief can happen with certain kinds of stigmatized deaths or non-death losses

Any significant life transition can involve loss and grief

Grief happens with

Pet loss

Natural
disasters

Illness

Moving

Retirement

Children
moving out

Changes in
mobility

Pandemic

Loss of a
hope, idea or
dream

Addiction

Mental Illness

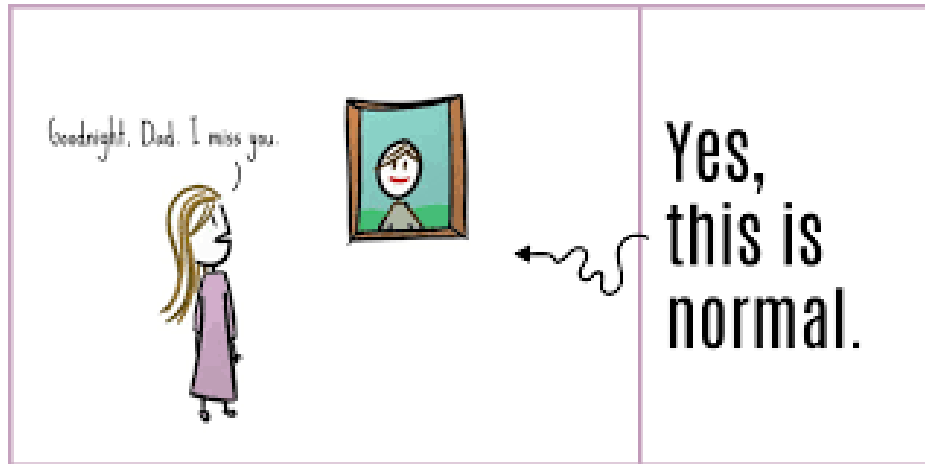
Incarceration

Divorce

Estrangement

Infertility

Moving Through Grief



- Memorializing, formal and informal rituals
- Continuing bonds, "death ends a life not a relationship"
- Extra-ordinary experiences
- Keeping and changing traditions
- Group support
- Counseling

"The reality is, you will grieve forever. You will not 'get over' the loss of a loved one; you will

learn to live with it.

You will heal and you will rebuild yourself around the loss you have suffered. You will be whole, but you

will never be the same again.

Nor should you be the same, nor should you want to."

Elizabeth Kubler-Ross

Youth Dynamics